What Are Some Nutritional Sources of Ascorbic Acid?

To increase vitamin C levels, children with autism can consume fruits and vegetables such as spinach, cauliflower, bell peppers, citrus, strawberries, bananas, potatoes, tomatoes, cherries, and more.

Eating citrus like oranges or grapefruit is a better option than squeezing and drinking juice from the fruit alone. This is because there are significantly higher amounts of vitamin C in the fruit itself than in the liquid. Eating fruit rich in vitamin C is also more helpful because vitamin C oxidizes upon exposure to oxygen (meaning while baking, cooking, freezing, or thawing).

Although dietary supplements can contain ascorbic acid, they should only be used if there is a deficiency present. Once this is confirmed, supplements may be consumed daily.

Read more about vitamin C for an autistic child.